



## ADULT YOGA

Grafton Municipal Center 2<sup>nd</sup> floor  
30 Providence Road, Grafton

**Cost: \$70 per Session**

### Tri-Gentle

**DAY: Mondays**

**1:00 p.m. to 2:30 p.m.**

### POWER CLASS

**Day: Mondays**

**Time: 7p.m. – 8:30p.m.**

### Hatha Class

**Day: Thursday**

**Time 7:00 - 8:30**

Must have 7 in class limit 20

#### **Session 1**

January 9, (no class 16<sup>th</sup>) 23,  
30, Feb. 6, 13, 20

#### **Session 2**

March 5, 12, 19, 26, April 2, 9

#### **Session 3**

April 23, 30 May 7, 14, 21 (no  
class May 28<sup>th</sup>) June 4th

A gentle, restorative class for all  
that incorporates meditation  
techniques. Slower paced for  
toning the body, improving  
flexibility, and balance.

Must have 7 to class limit of 20

#### **Session 1**

January 9, (no class 16<sup>th</sup>) 23,  
30, Feb. 6, 13, 20

#### **Session 2**

March 5, 12, 19, 26 April 2, 9

#### **Session 3**

April 23, 30 May 7, 14, 21 (no  
class May 28<sup>th</sup>) June 4th

Power Vinyasa: A vigorous, dynamic  
flow practice combining breath, focus  
and movement. Builds internal heat,  
promoting a cleansing sweat,  
enhances strength, concentration,  
flexibility, balance, coordination,  
vitality, and deep healing.

Must have 7 to class limit of 20

#### **Session 1**

January 12, 19, 26 Feb 2, 9, 16

#### **Session 2**

March 8, 15, 22, 29 April 5, 12

#### **Session 3**

April 26, May 3, 10 17, 24, 3

Hatha Yoga: A multi-level class where  
postures are modified to accommodate  
beginning and advanced students. Based  
on the traditions of Kripalu and  
Inyengar. You will learn correct  
alignment, breathing techniques, how to  
reduce stress, revitalize your body, and  
cultivate inner peace

CUT HERE

## **ADULT YOGA PLEASE PRINT CLEARLY**

NAME: \_\_\_\_\_ PHONE NO. \_\_\_\_\_ AGE \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_ CELL # \_\_\_\_\_

CHOOSE  
SESSION \_\_\_\_\_ CLASS DAY \_\_\_\_\_ TIME \_\_\_\_\_

DATE RECEIVED \_\_\_\_\_ AMOUNT PAID \_\_\_\_\_ CHECK NO. \_\_\_\_\_